

SSLP Mental Health Newsletter



In this Issue...

- Information around mental health and wellbeing
- Support for children and young people
- Support for adults
- How we can help



How Does Mental Health Affect Us?

According to the data published by the NHS (2020), 1 in 6 people between the age of 5 to 16 are likely to have a mental health problem. More recently, this has been updated in 2023 to 1 in 5 (between the age of 8-25). From our own experiences in schools, it is clear that numbers are rising in terms of emotional dysregulation, lack of self-esteem and general anxiety. All schools in the South Staffordshire Learning Partnership have robust pastoral systems in order to address these issues and support our students.

Wellbeing Tips

- ✓ Establish a routine and structure
- ✓ Maintain a consistent sleep pattern
- ✓ Ensure regular school attendance
- ✓ Eat a balanced diet
- ✓ Stay active with regular exercise
- ✓ Foster positive relationships with family and friends